



# Healthy Tips



February 2018

1. February is American Heart Month! Choose heart-healthy foods like oats, fruits and vegetables including kiwi and spinach, probiotic-rich yogurt and even dark chocolate.
2. Sweat it out. Exercise is linked to heart health, and the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week.
3. Schedule a visit with your doctor to talk about heart health. It's important to schedule regular check-ups even if you think you are not sick.
4. Spread love, not germs. Avoid colds and the flu this season by getting the flu vaccine, washing your hands often, and avoiding close contact with those who are sick.
5. Instead of dining out this Valentine's Day, try sharing a romantic home cooked dinner with natural ingredients rather than processed foods.
6. Stress may affect your heart health. Taking a little time out for yourself will do wonders for your heart (and your well-being).
7. Opt for dark chocolate this Valentine's Day. Medical studies show that people who eat dark chocolate have healthier cardiovascular systems and better blood circulation along with lower blood pressure and cholesterol levels.



*Did you know there are **7 flights** of stairs at the Health Department?*

Did you know that by taking the stairs, you can burn almost **5 times** as many calories than taking the elevator?! Walk the stairs during your breaks to burn calories, control your weight, and build muscle tone! Call 607-737-2858 for the code to access the stairs!